



**Public Health**  
Prevent. Promote. Protect.

**Bismarck-Burleigh Public Health**

February 2015

# Healthy Living Update

Bismarck-Burleigh Public Health  
500 E Front Ave. Bismarck, ND  
58504 Phone: 701.355.1540  
[www.bismarcknd.gov/publichealth](http://www.bismarcknd.gov/publichealth)



## February Is American Heart Month: Are You at Risk for Heart Disease?

During the month of February, Americans see the human heart as the symbol of love. February is American Heart Month, a time to show yourself the love. Learn about your risks for heart disease and stroke and stay "heart healthy" for yourself and your loved ones.

Cardiovascular disease (CVD)—including heart disease, stroke, and high blood pressure—is the number 1 killer of women and men in the United States. It is a leading cause of disability, preventing Americans from working and enjoying family activities. CVD costs the United States over \$300 billion each year, including the cost of health care services, medications, and lost productivity.

### **Risk Factors of CVD**

CVD does not affect all groups of people in the same way. Although the number of preventable deaths has declined in people aged 65 to 74 years, it has remained unchanged in

people under age 65. Men are more than twice as likely as women to



die from preventable CVD.

Having a close relative who has heart disease puts you at higher risk for CVD. Race and ethnicity also affect your risk. Nearly 44% of African American men and 48% of African American women have some form of CVD. And African Americans are more likely than any other racial or ethnic group to have high blood pressure and to develop the condition earlier in life. Many CVD deaths could have been prevented through healthier habits, healthier living spaces, and better management of conditions like high blood pressure and diabetes.

You can control a number of risk factors for CVD, including:

- **Diet**
- **Physical activity**
- **Tobacco use**
- **Obesity**
- **High blood pressure**
- **High blood cholesterol**
- **Diabetes**

Source: National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention

## This Month at Public Health:

### Immunization Clinics:

- Feb. 5– 1:00-6:00 pm
- Feb. 12– 1:00-6:00 pm
- Feb. 19– 1:00-6:00 pm
- Feb. 26 – 1:00-6:00 pm

### OPOP:

- February 9
- February 10
- February 17

### Cholesterol Screenings:

- February 20
- February 24

### Holiday Closings

- February 16 - President's Day

## Registration Open for Home Alone Class

**Who:** Youth ages 9-12

**What:** Program to teach kids home safety tips

**Where:** Bismarck-Burleigh Public Health

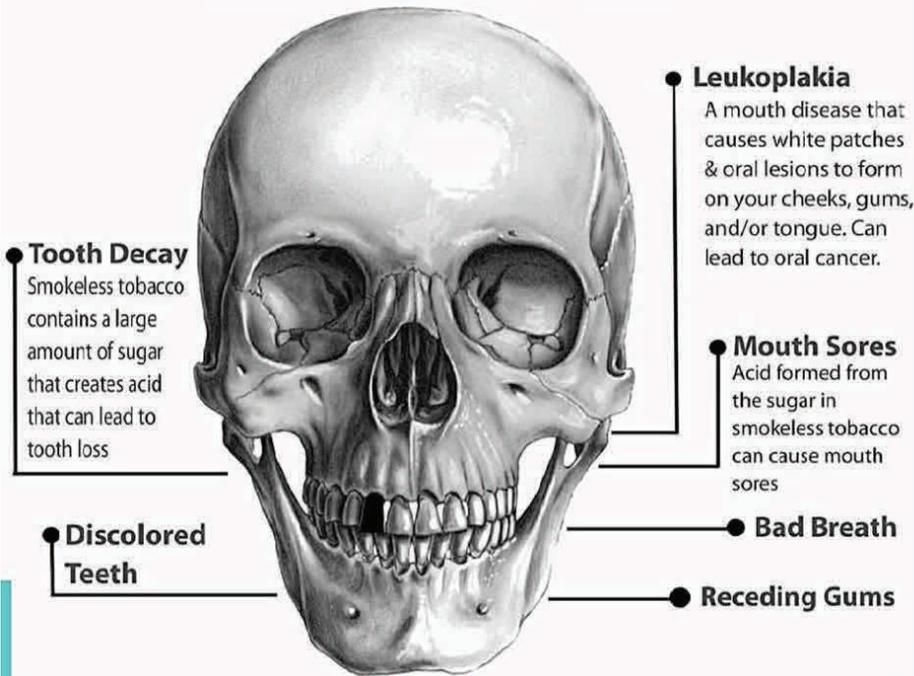
**When:** Tues, Feb. 17. 12:30-3:30 pm

**How:** Register before Feb. 10 by calling Peggy at 221-6865

# Join the Great American Spit Out this February

Remember....

## YOU ARE what YOU CHEW



Need help quitting tobacco? Call the ND Quits line at 1.800.QUIT.NOW (1.800.784.8669)



## Weigh 2 Change

Diabetes Prevention Program



### WHAT IS IT?

Are you at risk for type 2 diabetes or have prediabetes? If so, you may benefit from the Weigh 2 Change, Diabetes Prevention Program being offered in the Bismarck community. Weigh 2 Change is a lifestyle change intervention arming you with skills to make lasting changes to lose weight and reduce your risk of type 2 diabetes.

### THE FACTS

The prevalence of type 2 diabetes has increased dramatically over the past twenty years making it one of the most devastating public health concerns today. Over 50,000 North Dakota adults have type 2 diabetes. An even more astonishing number is 190,000. The number of North Dakota adults with prediabetes or at risk for type 2 diabetes, making the Weigh 2 Change program vital to reversing the upward trend of type 2 diabetes.

### ABOUT THE PROGRAM

Program participants learn how to eat healthy, be more physically active, manage stress, stay motivated, and solve problems that can get in the way of healthy changes. Weigh 2 Change groups meet once a week for 16 weeks, then once a month for 8 months. Together participants celebrate their successes and find ways to overcome obstacles.

### YOU ARE ELIGIBLE IF YOU ARE:

- At least 18
- Overweight
- Do not currently have diabetes
- Are not pregnant

### PROGRAM DETAILS:

*When:* Starting March 3, 2015 (Tuesdays, 4:30-5:30pm)

*Location:* UND Center for Family Medicine, 2nd Floor Conference Room

*Cost:* \$25

Call 355-1555 or email [kjohnke@bismarcknd.gov](mailto:kjohnke@bismarcknd.gov) for more information.